

WARREN SENTINEL



"Jolly Rogers"

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Jan. 27, 2006

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MSET
Excellent
Performance

NICE BREAK

Airman 1st Class Nathan Turner, 90th Missile Maintenance Squadron, plays pool during the Airmen's All Nighter Saturday at the Warren Community Center. Other activities included laser tag, Xbox, basketball, Karaoke and a ping pong tournament.

Photo by Airman 1st Class Tessa Cubbon

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goes for
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AF boxing
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Commentary

Volunteering: not just for the dogs

Capt. Nicole Walters
90th Space Wing Public Affairs

I've never really been the volunteering kind. I've always associated volunteering with painting houses and pouring soup bowls. Not my thing.

Then two years ago, my husband and I adopted a rottweiler through Cheyenne's Rottweiler Rescue. Well, actually I adopted her. My husband, Rob, was deployed and I called him to let him know what "we" did.

Ladybug never got the memo she's a rottweiler. She's 90 pounds of pure love. All she wants is for someone to hug her and pet her. And hug her some more. And pet her some more.

Honestly, it got annoying. Lady needed two hours a night of attention. I had to do something.

Therapy Dogs, Inc., is an international non-profit corporation where people take their dogs to places like hospitals and the patients pet them. Therapy Dogs, which has more than 8,800 members in the United States, Canada and Mexico, started right here in Cheyenne. What's even more unique is the first Therapy Dog was a doberman.

In Cheyenne, Therapy Dogs visit the hospitals, the VA, retirement communities, chamber events and even schools. A visit is typically one hour, and sometimes 10 people want to pet your dog and sometimes 100 people want to pet your dog.

Lady loves her Therapy Dogs time. She even has a special dog tag which identifies her as a therapy dog. Lady's co-volunteers come in every size, shape and breed: there's a pug, basset hound, poodle, labs and even great pyrenees. King, our German shepherd, has even gotten in on the action.

Lady and I have friends at all the retirement communities now. "Where's MY rottweiler?" Diana, who lives at a Cheyenne care center, always asks. She teases Rob and me that we are watching her dog until she gets well enough

to go home.

Duane is in the advanced stages of Alzheimer's. He doesn't remember his name, but he remembers he used to raise German shepherds and loves dogs. In the past year, Duane would only speak with yes or no. He barely remembered what a dog was. Last Wednesday when he saw King he said, "Come here boy!" and scratched his ears and talked to him. It was like we witnessed Duane have a moment's reprieve from a tragic, catastrophic disease.

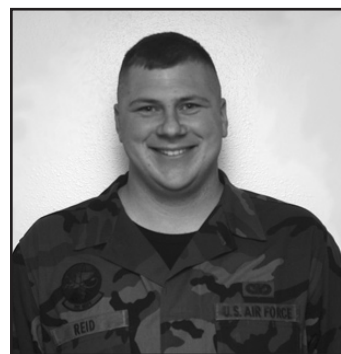
Dogs are awesome: they bridge the uncrossable boundaries. No matter if someone is a hospital patient for drug addiction or waiting to be admitted at the VA emergency room, they'll talk to you and hug your dog like they've known you all their life. They may be experiencing extreme pain, but will smile as they tell you about the dog they had growing up.

Therapy Dogs has made a huge impact in our life. It gives Rob and me quality time together. It has taught me not to be afraid to start up a conversation with strangers. It's given Lady the attention she needs while making a lot of sick people feel better.

The best part is: it doesn't feel like volunteering. It's fun and the other volunteers are pretty cool. Find the volunteering opportunity that makes you happy — don't settle for something just because it'll fit into an award package. You'll find you get the best award possible: knowing you made a difference.

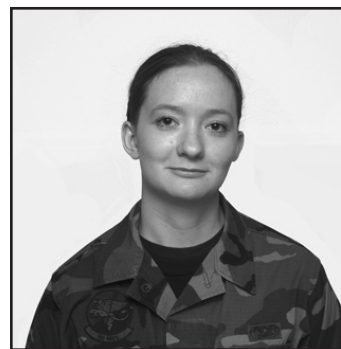
Street Talk

The Warren Sentinel asked Warren members, "What do you do personally to stay fit?"



"I go to squadron PT on Monday, Wednesday and Friday. Then I do personal PT on Tuesdays and Thursdays by running 15 laps at the 24 hour gym and doing push-ups and sit-ups."

- Senior Airman Justin Reid, 790th Missile Security Forces Squadron



"I go to the new gym on my days off and use the treadmill and the stair-stepper in the room where you can take your kids."

- Senior Airman Amanda Bloom, 790th Missile Security Forces Squadron



"I run, lift weights and play racquetball at the new gym."

- Capt. Mike Campbell, 90th Operations Support Squadron



"Swimming - there are no beepers, no cell phones, no email. [It's] the perfect exercise."

- Chief Master Sgt. Mark Brejcha, 90th Mission Support Group

Photo illustrations

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Nurturing the future

Taking care of Airmen, grooming them for success

Chief Master Sgt. James B. Erwin
407th Expeditionary Security Forces Squadron

ALI BASE, Iraq - What does taking care of your troops mean to you? Does it mean giving in to every want, concern or need?

To me, it means to give the troop everything he or she needs to be successful. After all, they are the Airmen who will replace today's leaders, and we owe it to them to make sure they are prepared. Troops need education, discipline, opportunities and role models.

Education is important to our young and upcoming Airmen. In some ways, they are already smarter than us. Don't believe me? Grab a young Airman and a DVD player, IPOD and computer and find out who gets at least two out of three working first.

Our Airmen need mentors to be competent and confident in their duties and the lifestyle of the Air Force. The philosophy I have been brought up with is to get qualified and/or certified on your duties first and then knock out your career development courses. These simple actions make new Airmen valuable members of the team - members who can be relied on to complete any task or assignment they are given.

Challenge Airmen with the

opportunity of off-duty education after they are duty-qualified and have proven themselves competent. This will not only benefit the Air Force but will make the Airmen more productive because they are doing something for themselves. With formal education, their thinking becomes clearer and their ability to communicate is enhanced, often times reducing the workload of the supervisor. I don't mean do the supervisor's work. Even if they make a career out of the Air Force, at some point they will need to close that chapter in their life and walk into the civilian world. What a great feeling it is to know you've helped them along the way.

Troops also need discipline. When most people hear the word discipline they immediately think of the old sergeant chewing out a troop or Airman Smith standing in front of the commander's desk receiving some form of administrative action. Unfortunately, there are times when these things are necessary and these actions aren't taken lightly. These actions can often be avoided if supervisors are actively engaged with their troops and encourage conduct that warrants rewards instead of punishment.

The side of discipline that goes unnoticed is the reinforcement or reward side. It doesn't take a lot of time to give a deserving Airman

a pat on the back, type a quick thank you note or letter of appreciation, or say thanks for a job well done in front of their peers and supervisors. Little things, such as these are money in the bank for the leader who recognizes the individual's efforts and sets a marvelous example for the Air Force.

As Airmen grow, they need opportunities to enhance their skills. They need to be allowed to stumble, but not fall. Some experiences are best learned from failure and serve as a test of character. This is a fine line that supervisors need to monitor. Supervisors do not necessarily have to be right over the shoulder, but close enough to step in if things start to go off course or situations move too fast for the troop.

Experience is the best teacher; troops learn what to do and what not to do. Give them the opportunity to succeed. Even if they fail, they should have learned something that makes them a little smarter and a little more prepared for the next time. No leader or supervisor has gotten where they are by being perfect.

Education, discipline and opportunities are all important, but to make sure Airmen understand the path, they need a map. They need role models. Often the role model is the immediate supervisor or trainer, but this is only the tip

of the iceberg. Granted, supervisors may spend more time with the individual, but anyone who has more rank or time in service automatically becomes a role model, and that's not always the best thing.

Positive role models are vital not only for the Air Force to complete its mission but to set the tone of what is expected from troops as they grow into the Air Force family. Supervisors and leaders need to set a positive example because the higher we move up the chain of command the more we are looked at.

United States Air Forces Europe Command Chief Master Sgt. Gary Coleman told a group of new chief master sergeant selects: "Welcome to the top 1 percent. You are now living in a fish bowl. People will be watching you just to see what you do. They don't mean to but they do. Because of the stripes you wear, you are the 'know all' of everything in the Air Force, and what you say and do will be considered gospel to some."

In a nutshell, there are good role models and bad ones; both can be positive learning experiences for the new Airman. They learn what not to do from the bad role models, and from the good ones they learn to do what is right.

So, what does taking care of your troops mean to you?

2006 BAH rate change to affect Warren

Under individual rate protection, no military member currently on station will see his BAH entitlement decrease

Staff Sgt. Laura Thompson
90th Comptroller Squadron

Military members are accustomed to seeing increases in pay and allowances each January. This year, some individuals will not see an increase in Basic Allowance for Housing. No members, however, will see a decrease to what they are currently receiving.

This grandfather provision is called individual rate protection and means that individuals will be entitled to either the newly published rate or the rate they were receiving on Dec. 31, 2005 (whichever is higher). Rate protection continues until any of the following changes in status: The indi-

vidual PCSs, experiences a decrease in grade or there is a change in dependency status. Furthermore, if a member is promoted and the new BAH is lower than currently received, the rate protection still applies.

Under the new rules, a member who arrives on station on or after Jan. 1 may receive less in BAH than a member of the same rank and dependent status that was already on station (i.e. a staff sergeant with dependents arriving after Jan. 1 will receive \$89 less than a staff sergeant with dependents already on station).

BAH is an entitlement military members receive when not occupying family government quarters. Individu-

als residing in single quarters receive partial BAH, which varies based on rank. BAH is based on geographical location, rank and dependency status. This is in line with most military pay and allowances.

How can it make sense for housing allowance rates to decrease when simple utility costs have risen so much lately?

Data on rental costs for various types of housing is collected annually in the spring and summer, when the housing markets are most active, for the following year. When these surveys are done, steps are taken to include utility costs and scheduled rate increases. In 2005, some of the contributing factors to utility costs increasing did not occur until after the survey, or were not part of scheduled rate hikes.

Why the large BAH disparity between some ranks? For example, why does the Air Force give a technical sergeant with dependents so much more than an staff sergeant with dependents?

The DoD has to make a determina-

tion of the level of housing (number of bedrooms and type of building) most individuals at rank/dependency status generally need. Generalizations are just that and don't fit every specific person. The DoD has decided that a staff sergeant with dependents will receive housing allowance that is comparable to a two bedroom townhouse and a technical sergeant with dependents will receive housing allowance that is comparable to a three bedroom townhouse. Where each individual chooses to live will be their choice ultimately and will determine how far their BAH will stretch.

Why does the Air Force give a member a four bedroom house on base, but not provide enough money to rent a four bedroom house in the local area?

The Air Force provides base housing based upon the number of dependents, while the same BAH with dependents rate is received regardless of the number of dependents.

For more information, contact the 90th Comptroller Squadron Finance Office at 773-1851 or 773-3802.

WITH DEPENDENT				WITHOUT DEPENDENT		
Rank	2006 BAH	2005 BAH	Difference	Rank	2006 BAH	2005 BAH
E-1	786	806	-20	E-1	534	529
E-2	786	806	-20	E-2	534	529
E-3	786	806	-20	E-3	534	529
E-4	786	806	-20	E-4	534	529
E-5	859	948	-89	E-5	654	620
E-6	1109	1044	65	E-6	722	685
E-7	1147	1118	29	E-7	791	816
E-8	1188	1199	-11	E-8	908	937
E-9	1220	1256	-36	E-9	986	997
O-1E	1155	1134	21	O-1E	859	948
O-2E	1206	1235	-29	O-2E	968	990
O-3E	1224	1260	-36	O-3E	1109	1044
O-1	887	959	-72	O-1	712	665
O-2	1103	1042	61	O-2	834	889
O-3	1212	1246	-34	O-3	1019	1010
O-4	1236	1273	-37	O-4	1151	1126
O-5	1252	1289	-37	O-5	1176	1175
O-6	1262	1300	-38	O-6	1214	1250
O-7	1277	1315	-	O-7	1238	1275

Briefs

MSET update

Congratulations to the 90th Space Wing for an excellent performance in the recent Missile Standardization, Evaluation, and Training Assessment. Thanks to all who participated in the assessment for a job well done! The 90 SW will again be under the inspection microscope during the Nuclear Surety Inspection, scheduled to take place from March 27 through April 6.

For more information, contact Lt. Col. Jeff Jenkins or Capt. Mike Morris at 773-2135.

Mass time change

Catholic daily mass at the High Plains Chapel has changed from 11:35 a.m. to 11 a.m.

Facility Managers needed

The 90th Operations Group is seeking mission focused personnel with drive and self-initiative in the grades of staff to technical sergeant to serve as Missile Facility Managers, AFSC 8S000. Facility Managers are responsible for multi-million-dollar facility maintenance as well as the conduct of at least seven personnel on a daily basis.

To find out more about this special-duty, controlled tour assignment, contact Master Sgt. Michael Whittaker at 773-4210.

FTAC NCOIC needed

A staff or technical sergeant is needed to fill the position of the First Term Airman Center NCOIC.

To apply for this position, submit a military resume, last five EPRs, a copy of your recent fitness test score sheet and an approval/release letter signed by your commander to Senior Master Sgt. Yvonne Miller, 90th Mission Support Squadron Career Assistance Advisor, Building 243, 773-6668, by Wednesday. Applicants may also submit letters of recommendation.

The individual selected for this position will report to FTAC on April 3.

For more information, contact Maj. Dan Knight, 90 MSS Commander at 773-3308.

Warren loses one of its own

Thomas Arthur Cook, 50, of Cheyenne died Monday at United Medical Center-West.

He was born Jan. 1, 1956, in Lynchburg, Va., and had lived here for a year and a half.

Mr. Cook served in the Air Force and was a substitute teacher for Laramie County School District 1.

He enjoyed spending time with his children, woodworking and singing.

Mr. Cook is survived by his wife, Lt. Col. Kathleen Cook, 90th Mission Support Group Deputy

Commander, whom he married Nov. 26, 1983 in Lynchburg; a son, Matthew Cook of Cheyenne; a daughter, Katie Cook of Cheyenne; a brother, Lyle Cook; and a sister, Vicki.

He is preceded in death by his parents, Eugene and Barbara Cook.

A memorial service was held Thursday at Frontier Chapel.

Friends may contribute to the American Heart Association.

Cremation took place at Cheyenne Memorial Gardens.



Courtesy photo

MAD CREW Scholarship Program

Open to senior airmen and below.
Applications available at the education center or
at any MAD Crew meeting beginning in February.



Help keeping both stacks in check!



For more information contact
Senior Airman Monica Wong at monica.wong@warren.af.mil.

Spotlight on justice

Articles 15 at Warren during December

90th Space Wing Legal Office

During the month of December 2005, five Article 15 actions were processed at Warren. There were no alcohol related Articles 15.

The following is a breakdown of the Uniformed Code of Military Justice articles violated and the punishments received:

A senior airman violated Article 86 of the UCMJ by failing to go to his appointed place of duty.

He received a suspended reduction to airman first class and 30 days of extra duty.

An airman first class violated Articles 86 and 92 of the UCMJ by being absent without leave and leaving his appointed place of duty without approval.

He received a reduction to airman, suspended forfeitures of \$692 pay for two months and 30 days restriction to base.

An airman first class violated Article 86 of the UCMJ by failing to go to her appointed place of duty on multiple occasions.

She received suspended forfeitures of \$692 pay for two months and 25 days of extra duty.

A senior airman violated Articles 92, 107 and 134 of the UCMJ by altering a base vehicle pass, putting false license plates on his car and signing a false official statement.

He received a reduction to airman first class and forfeitures of \$300 pay for two months.

An airman first class violated Article 92 of the UCMJ by sexually harassing two co-workers.

He received reduction to airman, suspended forfeitures of \$692 pay for two months and 30 days of extra duty.



Photo by Justin Nestorick

GO FOR THE HENNESSY

The 90th Services Squadron Chadwell Dining Facility was awarded the 2006 Air Force Space Command Excellence in Food Service Award (single category) for the second year in a row. They will compete on the Air Force level for the prestigious John L. Hennessy award on Feb. 9 and 10.

Rex the Military Working Dog finds new home

Handler allowed to adopt K-9 partner after both injured during OIF

Tech. Sgt. Matt Gilreath
21st Space Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. - A 21st Security Forces Squadron Airman is the first military working dog handler allowed to adopt her K-9 partner from active duty.

Tech. Sgt. Jamie Dana, a Military Working Dog Handler, has been waiting since August for the official word after she requested to adopt her K-9, Rex. The two were injured in an improvised explosive attack on their Humvee June 25, 2005 in Iraq.

President George W. Bush signed the Defense Appropriations Bill Dec. 30, 2005 allowing military working dogs to retire early and be adopted by their handlers following traumatic events.

The sergeant received a certificate signed by Secretary of the Air Force Michael W. Wynne approving the adoption from squadron Commander Maj. Paul Cairney.

Sergeant Dana is still recuperat-

ing from her wounds.

"The past couple weeks have been hard to deal with. So I tried to keep myself as busy as possible so I didn't have to think about it," Sergeant Dana said. "Normally keeping myself busy meant being in a lot of pain in the evenings because I have a habit of pushing myself too hard."

Sergeant Dana said she really didn't know how to feel after she heard the news because of the different opinions people have about her request to adopt Rex.

"I had mixed emotions when I found out the bill had passed. I was so happy - on one hand - that Rex and I could stay together. But on the other hand I've heard very hurtful things from several people," she said.

There are several Web sites that have posted both positive and negative feedback concerning her adoption of Rex. But the Air Force has backed her 100 percent.

"They were injured together and they should heal together," said Brig. Gen. Robert Holmes, the Air Force Director of Security Forces



Courtesy photo

Tech. Sgt. Jamie Dana sits with her military working dog, Rex on Dec. 1, 2005.

and Force Protection.

Sergeant Dana had support from Congress and the Senate.

"They told me they wouldn't support my request if they thought letting me adopt Rex would cost one Soldier their life," Sergeant Dana said. "I wouldn't want to put anyone at risk either."

Chief of Staff of the Air Force Gen. T. Michael Moseley, said the adoption was a positive event.

"This has been a team effort between both houses of Congress and I'm just glad to see that there's a happy ending," he said.

The President's signature was one of many needed to complete the retirement and adoption process. Sergeant Dana's signature was one of the last on the document to complete the adoption.

"The certificate arrived today and now that the ceremony is over I feel both extremely happy and very relieved," Sergeant Dana said.

Sergeant Dana plans to separate from the Air Force.

"Rex will accompany me wherever I may end up (in veterinary school somewhere). And hopefully we will be able to do some search and rescue work after I am strong enough to handle it," she said.

Legislative data on the adoption is available on the Library of Congress "Thomas" Web site at thomas.loc.gov.

Information on the military working dog program is available at <http://dodmwd.lackland.af.mil>.

Headquarters AFSPC restructures under A-staff

Capt. Joe Macri
Air Force Space Command
Public Affairs

PETERSON AIR FORCE BASE, Colo. - This week, Headquarters Air Force Space Command will begin using an A-staff structure for all headquarters offices. The A-staff structure will use an "A" followed by a number for each directorate instead of the current two, three and four letter designators. For example, XO, the 2-letter designator formerly used for air and space operations is now A3.

The change, directed in a memo dated Nov. 10, 2005, by the Chief of Staff of the Air Force General T. Michael

Moseley, will be transparent to most Airmen but at the same time will be a fundamental improvement to the way AFSPC is organized.

"The actual change will not impact HQ AFSPC's support to our field units, and the only change visible to most people outside the headquarters will be in the change in office symbols," said Col. David Eisenstadt, the chief of the manpower and organization division (HQ AFSPC/A1M) in the newly-formed directorate of manpower and personnel, who headed the effort.

"In the short term, the only thing they will see is a change in the two letters after their name. In the long term, how-

ever, they will see improved communications up and down the chain of command and a better understanding of how the joint world operates."

The Air Staff, all Air Force major commands, and warfighting headquarters will be using the new A-staff structure according to the CSAF memo. Although there will be some flexibility to allow for each major command's unique mission, the new designators are meant to standardize headquarters offices throughout the Air Force and implement a staff structure similar to what is found in sister services and joint commands.

The changes will not result in any personnel gain or loss

within HQ AFSPC, although Colonel Eisenstadt noted that some offices will be combined or realigned under a different directorate. Offices that fall directly under the commander such as the staff judge advocate and public affairs will remain unchanged.

The following is a list of the new A-staff designators for AFSPC:

A1 - Directorate of Manpower and Personnel (new directorate merging personnel and manpower)

A2 - Directorate of Intelligence (formerly IN)

A3 - Directorate of Air, Space and Information Operations (formerly XO minus security forces)

A4A6 - Directorate of Logistics and Communication (formerly LC)

A5 - Directorate of Plans and Requirements (Formerly DR)

A7 - Installations and Mission Support (Formerly MS minus personnel, plus security forces)

A8A9 - Directorate of Strategic Plans, Programs, Analysis, Assessment, and Lessons Learned (Formerly XP minus manpower)

Special staff functions reporting directly to the command section remain as: FM, JA, PA, IG, SE, SG, HC and HO. (Both HC and HO were formerly part of MS.)

Money Matters: Part 3

Establishing credit and checking reports

90th Space Wing Legal Office

Credit cards can be an excellent tool to pay obligations while establishing evidence of fiscal responsibility. However, credit cards can begin to control the consumer rather than provide financial freedom.

Before applying for a card, ask questions.

- What is the annual fee for using this card?
- What is the interest rate?
- Is there a grace period and how long is it?
- What is the late fee?
- How are finance charges calculated?
- Under what conditions is a report made to the credit bureau?

These questions can help one compare cards and determine which meets the consumer's needs. Often, it is far more expensive to use a credit card than to save and pay for expenses with cash.

When a consumer begins to establish credit, credit reports are kept on them. A credit report contains a score that affects the consumer's ability to borrow money for a loan, interest rates on loans and insurance premiums. It is in the consumer's best interest to keep your credit score healthy. Consider the effects credit card use will have on a credit report. A credit report is a summary of debts and a history of how promptly the consumer has paid bills. The information comes from the companies where the consumer has credit accounts and from public court records. It is collected and stored by companies, often called credit bureaus, which make the information available to creditors whenever the consumer applies for a loan or credit card or makes a purchase.

Under a new federal law, individuals have the right to one free credit report every 12 months from each of the three major

credit-reporting agencies (Equifax, Experian and TransUnion). Check reports for inaccurate data that could hurt the ability to get credit or a loan. Also, incorrect information can be a red flag that someone is using the consumer's identity to get credit without his knowledge. Identity theft is a threat to credit and in order to be protected from it, protect personal information and monitor credit. Order a free annual credit report by phone at 877-322-8228 or online at www.annualcreditreport.com. Or mail in an order form that is available from the Federal Trade Commission.

Consider eliminating credit temptation and potential identity thieves by stopping pre-approved credit offers. Consumer's can have their names removed from credit bureau marketing lists. To do this, call 888-5OPTOUT (888-567-8688).

Be financially proactive, research all options, take advantage of the resources available and make sound financial decisions.

Do not wait until finances cause personal and criminal problems. For more information, call the 90th Space Wing Legal Office at 773-2256. (This is the final installment of a three part series.)

BEFORE APPLYING FOR A CARD, ASK QUESTIONS:

- WHAT IS THE ANNUAL FEE FOR USING THIS CARD?
- WHAT IS THE INTEREST RATE?
- IS THERE A GRACE PERIOD AND HOW LONG IS IT?
- WHAT IS THE LATE FEE?
- HOW ARE FINANCE CHARGES CALCULATED?
- UNDER WHAT CONDITIONS IS A REPORT MADE TO THE CREDIT BUREAU?

Two Airmen selected for AF Boxing Team

Will compete in the Armed Forces Boxing Championship

Tech. Sgt. Larry A. Simmons

Air Force Print News

SAN ANTONIO - After two weeks of intense training and one tournament, nine Airmen, including 1st Lt. Rodney Ellison, 319th Missile Squadron, and Senior Airman Celsa Reyes, 90th Missile Security Forces Squadron, have been selected to represent the Air Force at the Armed Forces Boxing Championship at Fort Huachuca, Ariz., Feb. 6 to 11.

In a box-off last weekend to make the final roster of the team, both Airman Reyes and Lieutenant Ellison competed twice. Each boxer won their bouts, and

a spot on the team.

"We arrived here Jan. 12, and it's been kind of hard, but it's going well," said Airman Reyes.

The other seven boxers are:

- Staff Sgt. Richard Mora, Tinker AFB, Okla.;

- Staff Sgt. Charmaine Carrington, Lackland AFB, Texas;

- Senior Airman Emma Atolagbe, Langley AFB, Va.;

- Senior Airman Hector Ramos, Travis AFB, Calif.;

- Senior Airman LaJoyce Gossett, Osan Air Base, South Korea;

- Senior Airman Andre Penn, Ellsworth AFB, S.D. and;

- Senior Airman Gary Griffin, Stuart Air National Guard Base, N.Y.

"First thing I looked for when selecting the team, is the ability the individual showed in following instructions, the coaches during the camp and matches," said Tech. Sgt. Ronald Simms, Air Force Boxing Team Coach. "They also need to have a strong work ethic and had to show the ability to execute the technical aspects being taught to them here at camp."

"Everything's going well, I'm learning a lot and getting a lot more experience," said Lieutenant Ellison. "Hopefully I'll do well and be able to bring some of it back to Warren."



Photo by Tech. Sgt. Larry A. Simmons

Senior Airman Celsa Reyes connects with a body shot jab to Senior Airman Emma Atolagbe. Reyes won by decision Jan. 20. Reyes is a member of the 90th Missile Security Forces Squadron and Atolagbe is from Langley AFB, Va. Both will represent the Air Force at the Armed Forces Boxing Tournament at Fort Huachuca, Ariz., Feb. 6 to 11. Also selected from Warren was 1st Lt. Rodney Ellison, 319th Missile Squadron.

EMT aspires to Air Force Honor Guard

Airman says he'll probably make Air Force a career

Illinois native, Senior Airman Alex Frizzo, 90th Missile Maintenance Squadron Electro-Mechanical Technician, sat down with Airman 1st Class Tessa Cubbon to talk about being selected for the Air Force Honor Guard, why his family is so important to him, and living in the moment.

What do you do at 90th Missile Maintenance Squadron, EMT section?

We work on security systems, and personal access systems. We do the electronics and start-ups, and other stuff like that.

What is your favorite part?

Definitely not the drive. The people I work with make it interesting. They make the day go by.

When and why did you join the Air Force?

I joined Aug. 5, 2003. It just seemed like the right thing to do. I wasn't ready to go to school. Most of my family has been in the military. I figured, 'why not me too?'

What are your career goals?

I'll probably be a lifer. I'm trying to put a package in to (Washington,) D.C. I want to go do the Air Force Honor Guard before I move along in my career.

Why?

It's just something I always wanted to do ever since I got into our honor guard. It's been something I've been looking forward to doing.

How long have you been a part of the Warren Honor

Guard here?

Over a year.

What's the coolest part about that?

It's a lot of funerals but it's some fun stuff. We put together a drill team. We did a drill at Armed Forces Day, and we did a drill for (former 90th Space Wing Commander) Col. [Evan] Hoapili's retirement. Stuff like that is more fun than doing funerals, but obviously it's good to have somebody pay the final military respects to the family [of the deceased].

Do you do any volunteer work?

I've done some. I volunteered for Cheyenne Frontier Days. [I did] stand clean up with the shop.

What are your life aspirations?

I'm too young to have goals that big. [I'm only] 19.

Who is your hero?

My family.

Why?

I've always looked up to everybody in my family. They've done things I want to do.

What do you do in your free time?

I like to go to the gym. I also like to go hiking whenever I can. Other than that, I don't have much other free time.

What's the last movie you saw in the theater?

I hardly ever go to the theater.

What was the last DVD you watched?

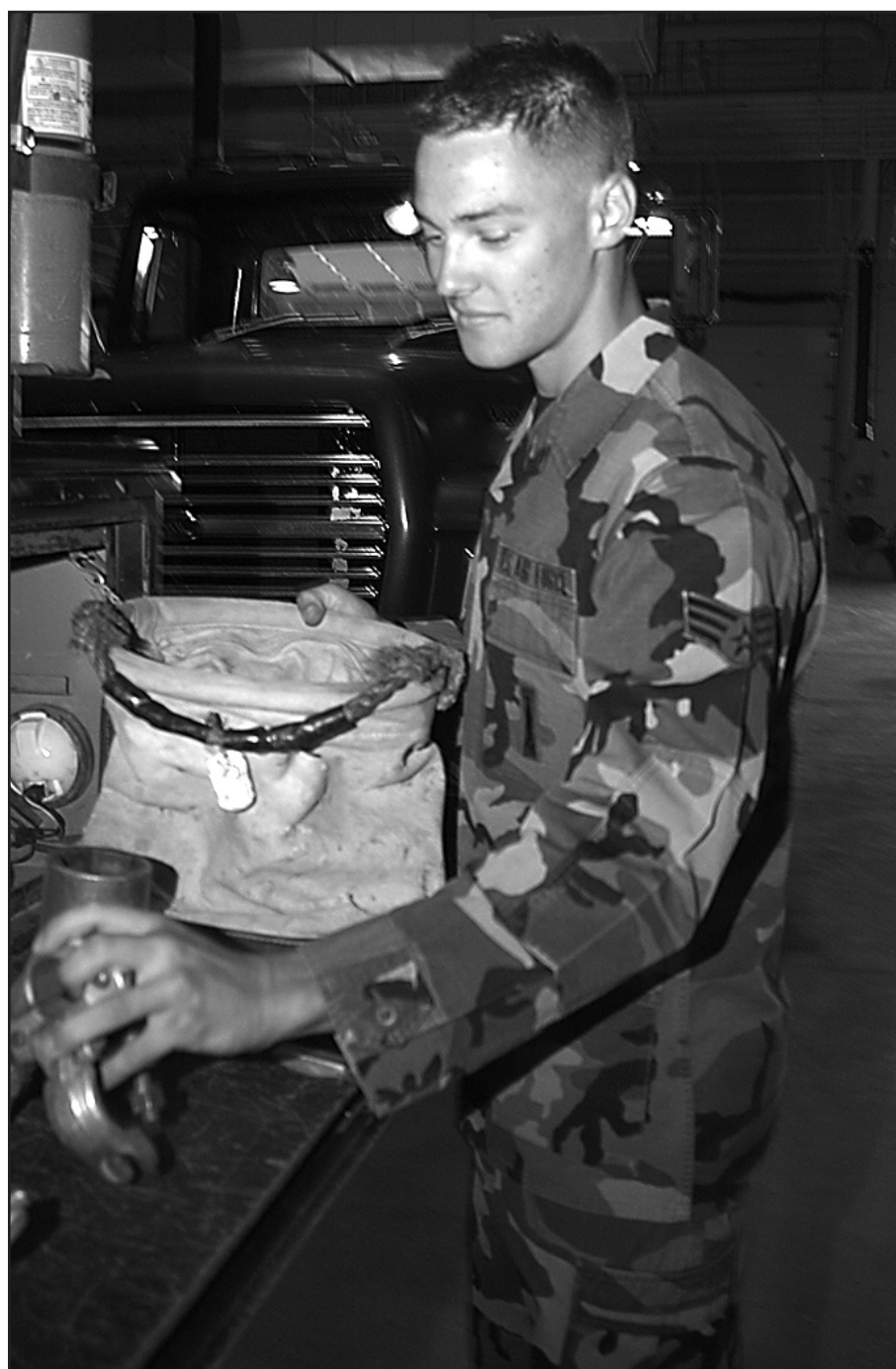


Photo by Airman 1st Class Tessa Cubbon

Senior Airman Alex Frizzo, 90th Missile Maintenance Squadron, inspects equipment. Airman Frizzo is a member of the Warren Honor Guard and has aspirations of the Air Force Honor Guard.

"Coach Carter." I kind of fell asleep toward the end.

What would you do if you were president for a day?

I would expand the military's budget not only for pay raises, but to give everyone in the military

more niceties - better living conditions and other little things like that.

What's your life's motto?

I haven't had one in a long time, but I'd say, "Carpe diem" [seize the day].



Ski Jackson Hole

Outdoor recreation is hosting a ski trip to Jackson Hole, Wyo., Feb. 17 to 20. Jackson Hole has plenty of shopping opportunities, art galleries, restaurants, snowmobiling and elk refuge tours. The cost is \$195 per person (double occupancy) and includes transportation, ski or snowboard package and three nights lodging in downtown Jackson. Discounted lift tickets can be purchased for \$35 (active military ID cardholders only) at Teton Village ski area or \$51 for DoD, military dependent or military retiree ID cardholders from ODR.

For more information, call 773-2988.

Snowmobile adventure

Outdoor recreation is hosting a snowmobiling trip to Snowy Mountain Range Feb. 5. The cost is \$115 for each snowmobile driver, \$60 for adult riders, \$35 for child riders ages 10 to 16 and \$10 for children 9 and under. Snowmobile

operators must be at least 16 to operate the machine alone. Helmets are included. The trip is scheduled to depart ODR at 6:30 a.m. and return to base approximately 4 p.m.

For more information, call 773-2988.

New provider orientation

A free new child-care provider orientation class is scheduled for 9 a.m. to 5 p.m. Feb. 6, and 8 a.m. to 5 p.m. Feb. 10. All military spouses interested in providing child care are invited.

For more information or to register, call 773-3317.

Free lunchtime bowl

Bowl two free games, shoes included, 11 a.m. to 1 p.m. weekdays at Warren Lanes when \$5 is spent at the snack bar.

First Steps basketball program

Registration for the First Steps basketball program is scheduled now through Feb. 3 for kids ages 3 and

4 years old. The cost is \$25 per child and includes all practices and scrimmages, all equipment, team uniforms, NYSCA certified coaches and an end-of-season banquet.

This six-week program is designed to teach young kids the fundamentals of basketball. All instruction will take place at the youth gym on Wednesday nights from 6 to 7 p.m. starting the second week in February.

For more information, call 773-2564.

Breakfast at the golf course

The Warren Golf Course is now offering breakfast weekdays from 6:30 to 8:30 a.m.

For more information, call 773-3556.

Massage at the aquatic center

The aquatic center offers massages for \$45 per hour and \$25 per half hour.

For more information or to make an appointment, call 773-3195.

Super Bowl party

The Trail's End Club is scheduled to have a Super Bowl party starting at 1 p.m. Feb. 5. The game starts at 4 p.m. The cost is \$2 for members and \$5 for non-members and includes chili dogs and nachos.

For more information, call 773-3048.

Laser tag

Laser tag at the Warren Community Center is now open. Hours of operation are 3 p.m. to 9 p.m. Tuesdays through Thursdays, 1 p.m. to 11 p.m. Fridays and Saturdays, and 1 p.m. to 6 p.m. Sundays. The cost is \$5 per hour.

Other activities include pool tables, table tennis, Dance Revolution, Playstation 2, XBox, electronic darts, foosball and basketball.

The batting cages and rock climbing wall require reservations, however, walk-ins are welcome based on availability. The cost is \$4 per half hour for batting cages and \$5 per hour for the rock climb-

ing wall. Use of the rock climbing wall requires pre-certification. The cost is \$10 per person.

For more information, call 773-3511.

Monster truck show

Outdoor recreation has discounted tickets for the monster truck show, Feb. 3 and 4 at the Budweiser Events Center. The cost is \$13 for adults, \$9 for children, for a savings of \$2 per ticket.

For more information, call ODR at 773-2988.

Prime rib night

The Trail's End Club is scheduled to have a prime rib night Thursday. A 10 ounce costs \$12.25 for members and \$14.25 for non-members. A 12 ounce costs \$15.50 for members and \$17.50 for non-members. Salad bar, baked potato, vegetables, fresh baked bread and horseradish are included. A children's menu will be available.

For more information, call 773-3048.

African American Heritage Committee (AAHC) Events

- Kids Event Feb. 8 @ the Youth Center
- Gospel Workshop Feb. 10 and 11 @ the Base Chapel
- Gospel Explosion Feb. 12 @ the Base Chapel
- Fashion Show/African Dance Feb. 18 @ Trail's End Club
- Afterparty Dance Feb. 18 @ Trail's End Club
- Food Sampling Feb. 23 @ Trans High Bay
- Banquet Feb. 25 @ Trail's End Club

Call 773-4118 or 773-3917 for more information

Ask the IG

WHAT IS AN ALLEGATION?

The inspector general system routinely deals with allegations of wrongdoing or violations of standards such as a law, policy, regulation, instruction or procedure. AFI 90-301, *Inspector General Complaints Resolution*, defines allegation as a postulated assertion formed by the IG concerning an individual or a detrimental condition. Allegation is further referred to in AFI 90-301 as a hypothetical statement containing four elements. Four elements come together in framing an allegation: 1.) Who 2.) Improperly did what, 3.) In violation of what standard and 4.) When?

An allegation must be proved by a preponderance of evidence, and all elements must be true to be substantiated. It is incumbent upon all Air Force personnel to report alleged wrongdoings or violations.

The 90th Space Wing IG Office can be contacted at 773-4800 and the Fraud, Waste and Abuse Hotline is 773-3214.

AAHC presents

AGOSPEL EXTRAVAGANZA

Workshop Schedules


Feb. 10	5 to 9 p.m.	Main Chapel
Feb. 11	8 a.m.-6 p.m.	White Chapel

Concert Schedule

Feb. 12 • 5 p.m. • Base Chapel

FREE

Facilitator: TSgt Brian King, Beale AFB
Guest Facilitator: Rev Daryl Cherry, Colorado Springs, CO



For more information please contact Capt Dillard x4948

celebrating community

A tribute to Black Fraternal, Social & Civic Institutions